

## Press Report 25th March 2025



Orion 15 Two Ilford AC Vets made the trip to Epping Forest for a crack at the Orion 15 hosted by our friendly neighbours Orion Harriers. Seb Parris and Diarmuid Mac Donnell took to the trails on Saturday morning for the gruelling multi-terrain race which promised muddy puddles, log obstacles and 1450 ft of elevation gain. The race is punishing and this year incorporated the county selection for the British Fell Championships later in the year. Weather conditions on the day were overcast and the course was unusually firm for March, even with a sprinkling of early morning drizzle. In a stellar field of 270 entrants, both chaps put in brave performances. Seb Parris finished 70th in 2:08:27 with Diarmuid clocking ...[Read more](#)

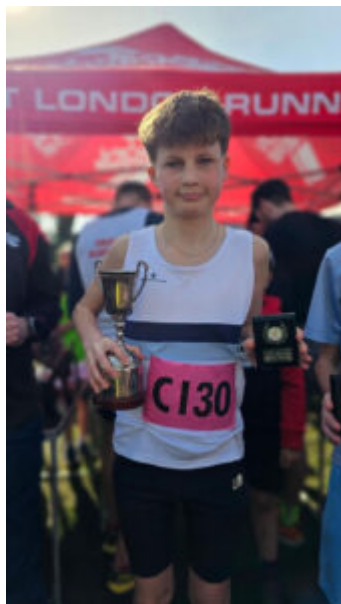
## Press Report 18th March 2025



ESSEX 20 MILE CHAMPIONSHIPS Carver Barracks, Saffron Walden Sunday 16 March The Essex 20 mile Championships was held at the disused airfield at the Carver Barracks in Saffron Walden. The race was over 5 fast 4 mile laps around the perimeter and included an open event, which attracted many entries from those preparing for the spring marathon season. Ilford AC had 8 men in the event and these were led home by Sam Rahman who held a good pace throughout to finish 26th in the Essex Championships in 2 hrs 09 mins 22 secs. Next in was Richard Morris with a new personal best of 2 hrs 12 mins 25 secs for 30 spot. The scoring

team was closed by Terry Knightley in 48th ...[Read more](#)

### [Press Report 11th March 2025](#)



CHINGFORD LEAGUE RELAYS Wanstead Flats Sat 8th March SENIORS The final cross-country fixture of the winter was held at Wanstead Flats on a bright spring morning. The race is over 4 legs of a 3000m course around the edge of the Flats. Ilford AC entered 4 senior men's teams and one ladies quartet The Ilford Men's A team were led off by Josh Adler who recorded 11 mins 38 secs for his leg before passing on to Sam Crane 11 mins 29 secs with James Thake 12 mins 10 secs on the third leg and Fabrizio Stefanoni anchored the team in 12 mins 30 secs giving them a total time of 47 mins 47 secs and 8th place overall which placed them 3rd in the ...[Read more](#)

### [Press Report 4th March 2025](#)



Essex/Eastern Indoor County Championships Lee Valley Stadium, Ilford SENIORS The first of the Senior Athletes to compete on day 1 of the Championships last weekend was Jordon Duncan in the Senior men's 60m, Jordon placed second in his heat in a season best time of 7.30. In the final Jordon was 6th in another season best of 7.26. Next up was Ellie Wright in the Senior Women's 60m, Ellie made a good start in her heat and went through to the final having placed 2nd in a PB time of 7.87. In the Final Ellie placed 3rd, but second Essex Athlete in another pb of 7.84. Ian Johnson had a good run in his heat of the U20m 60m and qualified for the next round ...[Read more](#)

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ENGLISH NATIONAL CROSS-COUNTRY CHAMPIONSHIPS Parliament Hill Fields The English Cross-Country Championships returned to Parliament Hill Fields, the Wembley of the sport, and was run over the traditional challenging course which was made even more tricky and muddy by some heavy rain earlier in the day. The club had 4 athletes competing in the younger age groups. Barney Perking ran his first national championships and showed his usual strength to finish a great 277th in the u15 race finishing in 19m 35s over the 4k course. In the under 17s race, over 6k Samuel Crane finished 147th in 26m 09s and Ryder Islam 245th in 28m 23s out of 319 participants. Finally in the u20s race over a long distance of 10km Ronan Edwards ...[Read more](#)

### [Press Report 18th February 2025](#)



Essex Cross Country League – Hockley Juniors Ilford AC had a small turnout of four younger athletes for the final fixture of the season at muddy and wet Hockley but all performed well. Competing in the U11 race, over a distance of 1.5k was Danilo Reina for his fourth appearance of the season. Danilo had his best run of the year to finish in 17th place in 6 mins 01 secs. Danilo will move up an age group next year and has shown good endurance in training sessions which will help him over the slightly longer distances. In the under 15 boys were Fabio Reina making his league debut for the club and Luke Thake racing over a challenging 4k course. Both had performed ...[Read more](#)

### [Press Report 11th February 2025](#)





ESSEX CROSS-COUNTRY LEAGUE Apex Playing Fields, Hockley Saturday 8 February The final match in this winter's Essex Cross-Country League at the Apex Playing Fields in Hockley over an extremely muddy course which also featured hills and water hazards. It was a good day for the senior ladies of Ilford AC who won this fixture and the division 2 title and will be back in the top tier again next season. Jordan Hinds was their lead athlete with a fine run for 16th place in 30 mins 07 secs for the 6.6km course. Backing up were Anna Crawley in 31st spot with 32 mins 04 secs and Alison Sale in 61st with 35 mins 43 secs. Pauline Tester closed the scorers for the victorious squad ...[Read more](#)

[Press Report 4th February 2025](#)



CHINGFORD LEAGUE 5 Miles Victoria Park Saturday 1 February The final individual event of this winter's Chingford League took place on a revised course of one small lap and 2 longer ones rather than the traditional figure of eight course in the park. Ilford AC had a team of 29 take part in the event with the men racing over the fast flat course in division two. Their challenge was led by Ronan Edwards, who is in great form at present, finishing 4th in an excellent time of 26 minutes 04 seconds. Next home was Josh Adler, who is improving in every race, in 11th in a new personal best of 27 mins 42 secs. Tomas Krukauskas who impressed on his club debut came ...[Read more](#)

[Press Report 28th January 2025](#)





**SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS** Ilford AC sent a small team to this yearly championship again held at Beckenham Place Park The club had two competitors in the U17 men's 6k. Samuel Crane had the highest finish for the club on the day in 97th place in a time of 22 mins 08 secs. He moved through the field well after a slow start. Ryder Islam finished in 140th in 23 mins 57 secs and was disappointed after a good start but has the chance to come back next year and improve his placing. Leila Lauder was next up competing in the u17 women's race over the same course as Samuel and Ryder. She gained valuable experience finishing in an excellent 103rd place ...[Read more](#)

### [Press Report 21st January 2025](#)



**Chingford League Epping Forest Saturday 18th January 2025 SENIORS** The latest round of the Chingford League was held over a muddy, hilly course in Epping Forest and Ilford AC fielded a squad of 13 athletes in the senior races, which were over a distance of 8km. Leading home the men's team was Manuel Vigo in an excellent 28th spot in a large field, timed at 34 mins 16 secs. Next in was Seb Parris with 37 mins 09 secs for 67th, with Dan Holeyman 80th in 38 mins 13 secs. Steve Chissell kept up his winter form in 94th, and 3rd in the M60 age group to finish, 39 mins 26 secs. The scoring team was completed by Bradley Brown (131st) and Chris kind (162nd). Also ...[Read more](#)

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